

# Mind & Body

Spring 2024

## NEW! Spring Cleaning for the Body: Gentle Herbal Detox Strategies

Discover safe and effective ways to work with spring tonic herbs such as Dandelion and Nettle to nourish the body and support the liver.

You will enjoy samples, recipes and informational handouts.

**Keyword: Cleaning**

April 22 Lincoln, CEC, 102	M Svoboda	5:30-7 p.m. LLLX-1788-CESA	\$19
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## NEW! Herbal First Aid: Working with Plants Around Us

You will create an herbal poultice to take home and add to your first aid kit to help heal cuts, scrapes, burns, and other minor injuries.

There is a \$4 cash fee payable in class. **Keyword: Herbal**

May 20 Lincoln, CEC, 102	M Svoboda	6-7:30 p.m. LLLX-2003-CEUA	\$19
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## Crafting Herbal Remedies

You'll be making medicinal teas and tinctures for your home apothecary. You will assemble your own 4-ounce fresh plant tincture to take home.

Your instructor is a clinical and community herbalist. There is a \$12 cash fee payable in class. **Keyword: Herbal**

June 17-19 Lincoln, CEC, 102	M, W Svoboda	6-7:30 p.m. LLLX-2034-CEUA	\$49
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## NEW! What to Know About Your Health Condition

Become better equipped to care for yourself and others by understanding common health conditions. Each session covers general indicators of the diseases and their causes, an overview of how typical treatments work and suggestions for optimal health. While avoiding individual medical advice, you will benefit in having a better understanding of health issues common to these conditions.

**Keyword: Health**

<b>Diabetes Mellitus</b>			
April 3 Lincoln, CEC, 404	W Huckabee	6:30-8:30 p.m. LLLX-2154-CESA	\$19

<b>Chest Pain &amp; Heart Attacks</b>			
April 10 Lincoln, CEC, 404	W Huckabee	6:30-8:30 p.m. LLLX-2154-CESB	\$19

<b>Blood Clots &amp; Strokes</b>			
April 17 Lincoln, CEC, 404	W Huckabee	6:30-8:30 p.m. LLLX-2154-CESC	\$19

## NEW! Dream Interpretation & Journaling

Why do some dreams leave you sleeping peacefully while others startle you awake? We will take a deeper dive in this interactive class on how to interpret dreams and how to use them to work through your stressors in life. You will go deeper into analyzing your dreams and will receive one-on-one feedback on your dream journal and coaching to strengthen your journaling technique to better interpret your dreams.

You will receive a dream journal in the mail from your instructor prior to the first class. **Keyword: Dream**

April 2-16 LIVE Online, Zoom Registration Deadline: March 26	T Stuhr	6:30-8 p.m. LLLX-2024-TCSCA	\$99
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## Intro to Sound Bath & Sound Meditation

Explore the experience of sound healing and its potential benefits with a focus on crystal bowl sound baths. Discover how sound works to support the body and mind beyond just listening to music. You will be introduced to concepts related to cymatics (science of visualizing sound frequencies) and meditation.

Enjoy a 45-minute guided meditation and sound bath by certified sound healing practitioner Shannon Kingery. You may sit in chair or lie on the floor. Feel free to bring a blanket, eye mask or mat if you desire. There will be some available for use in class. **Keyword: Sound**

April 8 Lincoln, CEC, 302	M Kingery	6:30-8 p.m. LLLX-1690-CESC	\$29
May 6 Lincoln, CEC, 302	M Kingery	6:30-8 p.m. LLLX-1690-CESD	\$29
June 5 Lincoln, CEC, 302	W Kingery	6:30-8 p.m. LLLX-1690-CEUA	\$29

## NEW! Finding Balance with Energy Center Alignment Sound Bath

Discover how sound works to align your energy centers with healing frequencies. This class will be immersive with a short lecture and a full hour of energy center alignment sound bath by certified sound healer Shannon Kingery.

Mats, eye masks and blankets available or bring your own.

**Keyword: Energy**

April 15 Lincoln, CEC, 302	M Kingery	6:30-8 p.m. LLLX-2138-CESA	\$29
May 20 Lincoln, CEC, 302	M Kingery	6:30-8 p.m. LLLX-2138-CEUA	\$29
June 17 Lincoln, CEC, 302	M Kingery	6:30-8 p.m. LLLX-2138-CEUB	\$29

### Location Key

Lincoln, CEC .....Jack J. Huck Continuing Education Center, 301 S. 68th St. Place  
Lincoln, NEBD..... Nebraska Ballroom Dance, 4820 Rentworth Drive



For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home.

For more information, contact us at 402-437-2700 or [continuinged@southeast.edu](mailto:continuinged@southeast.edu)



## Mind Body Spirit Day 2024

Set your mind at ease while we explore those things that keep us up at night. Topics include:

- Medicare: The Good, Bad and Ugly
- Making Smart Financial Decisions in Retirement
- Herbalism at Home

For more information, visit <https://bit.ly/3RLw0ZU>. **Keyword: Mind**

March 15	F	9 a.m.-Noon	\$29
Lincoln, CEC, 303		LLLX-0682-CESA	

## Beginning Astrology

Discover how to use astrology to understand yourself and others. Join us for this fun and interactive class as we unravel the mysteries of the planets, zodiac signs, astrological houses, and more. **Keyword: Astrology**

April 2-23	T	6-8 p.m.	\$69
Lincoln, CEC, 406	Moorehead	LLLX-2018-CESA	

## How to Tame Your (Unruly) Dragon: Learning to Use Coping Skills to Manage & Regulate Your Emotions

Some days we all feel like a dragon. Yes, a genuine fire-breathing, killing machine. But that's OK so long as you know how to put yourself back on a leash. Different types of coping skills will be explored, along with their triggers. Different management strategies, techniques and tools will be presented and discussed.



**Keyword: Learning**

April 22	M	6-8 p.m.	\$19
LIVE Online, Zoom	Ord	AREA-6680-TCSWA	

## A Tool Box for Meditation

Would you like to be able to access more inner peace and maintain calm equilibrium through challenging or stressful times? Join us to discover the foundational techniques of meditation. Meditation is an easy skill to learn and holds the potential for lifelong benefits.



Participants can sit on chairs or mats on the floor.

**Keyword: Meditation**

May 9-16	Th	6-7 p.m.	\$19
LIVE Online, Zoom	Roseberry	AREA-6685-TCSWA	

## YOGA CLASSES

It's time to roll out your yoga mat and discover the combination of physical and mental exercises. Whether you are young or old, yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone.

Wear comfortable clothing. Bring a yoga mat to class. Choose a location and class to fit your needs.

### Yoga Basics

New to yoga or want a basic practice? This is perfect for you.

**Keyword: Yoga**

April 2-May 21	T	5:30-6:30 p.m.	\$69
Lincoln, CEC, 304	Pleskac	LLLX-1701-CESB	



## T'ai Chi for Beginners

T'ai Chi is a graceful form of exercise that promotes serenity through gently flowing movements. It is gentle and not strenuous and has been shown to include a positive effect on muscle strength, flexibility and balance.

Wear comfortable clothes. **Keyword: Chi**

April 1-May 20	M	5:30-6:30 p.m.	\$69
Lincoln, CEC, 111	Rybij	LLLX-1712-CESB	

## NEW! Rock Solid Bridge

This is an ideal class for those beginning bridge players who have limited playing experience or for those who wish to feel more secure at the bridge table. This class will provide you with guidelines for opening the bidding, responding to opening bids, tips on playing the hand, making an opening lead, and overcalling. **Keyword: Bridge**

April 30-May 16	T, Th	9:30-11:30 a.m.	\$69
Lincoln, CEC, 414	Kepler	LLLX-1713-CESA	

## Play of the Hand - Part I

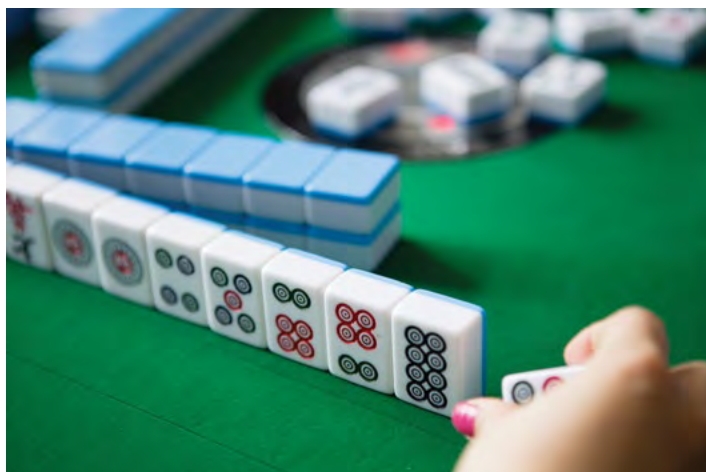
Prerequisite: Completion of One Step Beyond Beginning Bridge or equivalent

You and your partner have gotten the bid. Hooray! The opening lead is made, the board goes down on the table and you get to play the hand. Now what? This class is full of tips and strategies on how to play a hand in both No Trump and Suit Contracts. You will learn how to count winners and create additional winners, and how to count losers and learn playing techniques for discarding losers. This class is designed for any bridge player who wants to feel more confident in playing a bridge hand. **Keyword: Play**

May 21-June 6	T, Th	9:30-11:30 a.m.	\$69
Lincoln, CEC, 414	Kepler	LLLX-1390-CEUA	

For more information, contact us at  
402-437-2700 or [continuing@southeast.edu](mailto:continuing@southeast.edu).

Check out all classes offered at [southeast.edu/continuing](https://southeast.edu/continuing)  
Find us on Facebook® at [facebook.com/SCCneb](https://facebook.com/SCCneb)



## Beginning National Mah-Jongg

Mah-Jongg is an ancient game that is once again sweeping the country. This class will teach the basic foundations of Mah-Jongg and by the end of the sessions you will be ready to play in casual games with friends.

**Keyword: Mah-Jongg**

April 16-25	T, Th	6-8 p.m.	\$49
Lincoln, CEC, 414	Kepler	LLLX-0431-CESA	

## Mah-Jongg Strategies

So you know the basics of Mah-Jongg, but are looking for some good playing strategies. Join us for this Mah-Jongg class which includes both strategies and play. Strategies will focus on: power tiles, what to keep and what to pass during the Charleston, what to discard, identifying "safe tiles" and "hot tiles," reading exposures, changing your hand, and which hand to choose.

Please note that this is not a "how to play" Mah-Jongg class. You should already know the basics and are looking for strategies to help improve your play. **Keyword: Mah-Jongg**

June 25-27	T, Th	6-8 p.m.	\$29
Lincoln, CEC, 414	Kepler	LLLX-0958-CEUA	

## DANCE

Please register each student for couples classes. Please note that any refunds for a dropped couples class will be issued to each student equally.

### Ballroom Dance

Fun for you and your partner as you discover the waltz, fox trot, swing and polka in a relaxed, informal atmosphere.

Complete a registration form for each partner. **Keyword: Dance**

April 3-May 8	W	7:30-8:30 p.m.	\$89/couple
Lincoln, CEC, 302		LLLX-1549-CESA	

### Intro to Swing Dancing 1

Learn the foundations of the club swing dances Blues, West Coast Swing and Salsa and impress your friends on the dance floor.

Complete a registration form for each partner. **Keyword: Swing**

April 4-May 23	Th	6:30-7:30 p.m.	\$109/couple
Lincoln, NEBD	Fritz	LLLX-1542-OCSA	

### Intro to Country Dancing 1

Traveling country dances such as Two Step, Waltz and Triple Two Step will help you gain confidence to shine on the social dance floor.

Complete a registration form for each partner. **Keyword: Country**

March 31-May 19	U	3-4 p.m.	\$109/couple
Lincoln, NEBD	Pritchard	LLLX-1525-OCSA	

### Latin Medley

Discover the world of Latin dance as you learn to Cha-Cha, Rumba and Merengue. These dances can be adapted to any pop song. Learn how the beat determines which dance best suits the song.

Your dance guides are from Vintage Ballroom dance and have been in competitions around the Midwest. Wear hard-sole shoes, no flips flops or loose shoes. **Keyword: Latin**

April 3-May 8	W	6:30-7:30 p.m.	\$89/couple
Lincoln, CEC, 302	Newman	LLLX-1548-CESB	

### Intro to Belly Dance

You will learn basic moves and enjoy dancing to Greek, Turkish and Arabic music. While we have fun, we'll also get a workout. All bodies are welcome and that means you! Worried about fitness level? There are always ways to adapt, so that is not a problem. We'd love to work with you.

Wear comfortable clothing you can move in. **Keyword: Dance**

April 4-25	Th	6-7 p.m.	\$39
Lincoln, CEC, 111	Gregg	LLLX-1545-CESD	

June 6-27	Th	6-7 p.m.	\$39
Lincoln, CEC, 111	Gregg	LLLX-1545-CEUA	

### Continuing Belly Dance

Prerequisite: Intro to Belly Dance (LLLX-1545)

We will continue dancing and learning combos and more moves, perfect for anyone who's ready to keep going. Join us for a fun workout and hang out with awesome people! **Keyword: Dance**

April 4-25	Th	7-8 p.m.	\$39
Lincoln, CEC, 304	Gregg	LLLX-1546-CESD	

June 6-27	Th	7-8 p.m.	\$39
Lincoln, CEC, 304	Gregg	LLLX-1546-CEUA	

### Line Dance

It's not a party until everyone is line dancing! A fun way to dance socially without a partner, too.

Wear hard-sole shoes, no flip flops or loose shoes. **Keyword: Dance**

April 3-May 8	W	8:30-9:30 p.m.	\$45/person
Lincoln, CEC, 303	Newman	LLLX-1527-CESB	



[ed2go.com/scnc](http://ed2go.com/scnc)

### BROWSE COURSES IN

*Accounting and Finance*

*Business*

*College Readiness*

*Computer Applications*

*Design and Composition*

*Health Care and Medical*

*Language and Arts*

*Law and Legal*

*Personal Development*

*Teaching and Education*

*Technology*

*Writing and Publishing*

For more information, contact us at 402-437-2700 or [continuing@southeast.edu](mailto:continuing@southeast.edu)

Check out all classes offered at [southeast.edu/continuing](http://southeast.edu/continuing)

Find us on Facebook® at [facebook.com/SCNeb](http://facebook.com/SCNeb)

**Cancellation/Refund Policy:** You must call the Continuing Education office at 402-437-2700 or 800-828-0072 the day before the class begins to receive a 100% refund. If you call the day of the class or after it has started, no refund will be issued. If a class is cancelled or student drops (according to the refund policy), refunds will be issued to the student, unless a third party has been formally billed by SCC Business Office. **ADA Reasonable Accommodations:** SCC provides services and reasonable accommodations to allow persons with disabilities to participate in educational programs and other College activities. For information on requesting ADA reasonable accommodations, contact the SCC Area Access/Equity/Diversity Office.



# REGISTER ONLINE

You must have an email account to register online.

- Go to <http://bit.ly/RegisterCE>
- Search for your class** by entering a **key word** in the title or the **course number**. Click **Submit**. (Enter information in only one field for broader results.)  
Key Word Example: *Driver*  
Course Number Example: *TRAN-3398*
- Select the course** for which you wish to register. Click **Submit**.
- Enter your **personal information, certify your identification** and click **Submit**.  
\* You must provide your Social Security Number.
- Optional:** Enter your **Additional Registration Information** and click **Submit**.

- If you want to register for additional classes, select **Search for more classes** under "Choose one of the following." If you are finished selecting the class(es) for which you want to register, select **Register now (check out)**. Select your **Payment Type**. Click **Submit**.
- Enter your **payment information**. Click **Submit**.

You will see your **class acknowledgement** with information about your **SCC Student ID Number, SCC User ID** and **password**. **Print** this page for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.

\* The College requires a student's Social Security number as a condition for enrollment online. A student's Social Security number information constitutes an "educational record" under FERPA.

# OR REGISTER BY MAIL, FAX OR IN PERSON



## Registration Form - Non-Credit Course

Today's Date ___/___/___
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Complete this form with payment information and send via mail to Southeast Community College, Continuing Education, 301 S. 68th St. Place, Lincoln, NE 68510 OR FAX to 402-437-2703

\* Required

PLEASE PRINT

The College requests, but does not require, a student provide their Social Security number during the admissions process. Visit [southeast.edu/academics/college-catalog.php](http://southeast.edu/academics/college-catalog.php) for additional information.

Social Security Number OR SCC Student ID Number		* Birth Date	Name: * Last		* First	Middle Initial
* Residence Mailing Address			* City	* State	* Zip	County #
* Email Address			* <input type="checkbox"/> Cell Phone <input type="checkbox"/> Home		Business Phone	
I identify as: <input type="checkbox"/> Male <input type="checkbox"/> Female		<input type="checkbox"/> Nebraska Resident <input type="checkbox"/> Non-Resident	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> Black/African-American	

COURSE NUMBER	TITLE	START DATE	COST
-	-	-	\$
-	-	-	\$
-	-	-	\$

### SIGNATURE

Check (must be included) (Checks may be converted into an electronic fund transfer, resulting in funds being held or removed immediately.)

V Code \_\_\_\_\_

Name as it appears on card: \_\_\_\_\_

Exp.Date \_\_\_\_\_ CC # \_\_\_\_\_

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you? <input type="checkbox"/> Yes <input type="checkbox"/> No
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Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. SCC is an Equal-Opportunity co-educational college and does not discriminate based on race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. [southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php](http://southeast.edu/about/other-scc-departments/access-equity-diversity-title-ix/index.php) \* The U.S. Department of Education's Office for Civil Rights enforces Title IX's prohibition on discrimination on the basis of sex to also include discrimination based on gender identity.

SCC Staff Tuition Waiver ( )
<b>TOTAL DUE</b>
<b>FOR OFFICE USE ONLY</b>
ID# _____
DE _____